In the Claims:

Amend claims 7, 11, 14, 16, 18 to 20 and 108, cancel claims 81, 97, 110, 122 and 131 and add new claims 136 to 143, such that the claim set reads as follows:

1. (Original) An ocular light treatment device comprising: an outer housing including an opening; a light emitting assembly in the housing and operable to emit light through the opening in the housing, the light emitting assembly including a plurality of LEDs capable of generating an output of light suitable for ocular light therapy and of less than 2,500 lux at 12 inches.
2. (Original) The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light including a maximum peak in the 400 to 600 nm range of the spectrum.
3. (Original) The ocular light treatment device of claim 2 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.
4. (Original) The ocular light treatment device of claim 2 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.
5. (Original) The ocular light treatment device of claim 2 wherein the maximum peak includes an energy greater than or equal to 0.025 watts/m^2.
6. (Original) The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light including a maximum peak between about 420 nm and 505 nm.
7. (Currently amended) The ocular light treatment device of claim [[5]] 6 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.
8. (Original) The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.
9. (Currently amended) The ocular light treatment device of claim [[7]] 8 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.

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10. (Original) The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light including a maximum peak between about 505 nm to 600 nm.
11. (Currently amended) The ocular light treatment device of claim [[9]] 10 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.
12. (Original) The ocular light treatment device of claim 1 wherein the light emitting assembly includes a screen selected to filter the emitted light such that the emitted light includes a maximum peak in the 400 to 600 nm range of the spectrum.
13. (Original) The ocular light treatment device of claim 1 wherein the LEDs are capable of emitting light peaked in the 400 to 600 nm range of the spectrum.
14. (Currently amended) The ocular light treatment device of claim ~~12~~ 13 wherein the LEDs are white light emitting.
15. (Original) The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.
16. (Currently amended) The ocular light treatment device of claim ~~14~~ 15 wherein light is emitted from the device at an angle of about 10° to 30° from an axis oriented orthogonally through a plane defined by the opening.
17. (Original) The ocular light treatment device of claim 1 further comprising a support base to support the device on a support surface spaced from a user.
18. (Currently amended) The ocular light treatment device of claim ~~16~~ 17 wherein the support base is detachable from the housing.
19. (Currently amended) The ocular light treatment device of claim ~~16~~ 17 wherein the support base is connected to the housing.
20. (Currently amended) The ocular light treatment device of claim ~~16~~ 17 wherein the support base Is integral to the housing.
21. (Original) An ocular light treatment device comprising: an outer housing including a support base to support the device on a support surface spaced from a user; a light emitting assembly in the housing and operable to emit

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light from the device, the light emitting assembly including a plurality of LEDs capable of generating light of less than 2,500 lux at 12 inches.

22. (Original) The ocular light treatment device of claim 21 wherein the light emitting assembly is selected to emit light including a maximum peak in the 400 to 600 nm range of the spectrum.

23. (Original) The ocular light treatment device of claim 22 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.

24. (Original) The ocular light treatment device of claim 22 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

25. (Original) The ocular light treatment device of claim 21 wherein the light emitting assembly is selected to emit light including a maximum peak between about 420 nm and 505 nm.

26. (Original) The ocular light treatment device of claim 25 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

27. (Original) The ocular light treatment device of claim 21 wherein the light emitting assembly is selected to emit light wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.

28. (Original) The ocular light treatment device of claim 27 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.

29. (Original) The ocular light treatment device of claim 21 wherein the light emitting assembly is selected to emit light including a maximum peak between about 505 nm to 600 nm.

30. (Original) The ocular light treatment device of claim 29 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

31. (Original) The ocular light treatment device of claim 21 wherein the light emitting assembly includes a screen selected to filter the emitted light such that the emitted light includes a maximum peak in the 400 to 600 nm range of the spectrum.

32. (Original) The ocular light treatment device of claim 21 wherein the LEDs are capable of emitting light peaked in the 400 to 600 nm range of the spectrum.

33. (Original) The ocular light treatment device of claim 32 wherein the LEDs are white light emitting.
34. (Original) The ocular light treatment device of claim 21 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.
35. (Original) The ocular light treatment device of claim 34 wherein light is emitted from the device at an angle of about 10° to 30° from an axis oriented orthogonally through a plane defined by a mounting configuration of the LEDs.
36. (Original) The ocular light treatment device of claim 21 wherein the support base is detachable from the housing.
37. (Original) The ocular light treatment device of claim 21 wherein the support base is connected to the housing.
38. (Original) The ocular light treatment device of claim 21 wherein the support base is integral to the housing.
39. (Original) An ocular light treatment device comprising: an outer housing; a light emitting assembly in the housing and operable to emit light from the device, the light emitting assembly including a plurality of LEDs capable of generating light at less than 2,500 lux at 12 inches and being selected to emit light including a maximum peak in the 400 to 600 nm range of the spectrum.
40. (Original) The ocular light treatment device of claim 39 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.
41. (Original) The ocular light treatment device of claim 39 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.
42. (Original) The ocular light treatment device of claim 39 wherein the maximum peak includes an energy greater than or equal to 0.025 watts/m^2.
43. (Original) The ocular light treatment device of claim 39 wherein the maximum peak is between about 420 nm and 505 nm.
44. (Original) The ocular light treatment device of claim 43 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

45. (Original) The ocular light treatment device of claim 39 wherein the light emitting assembly is selected to emit light wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.
46. (Original) The ocular light treatment device of claim 45 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.
47. (Original) The ocular light treatment device of claim 39 wherein the maximum peak is between about 505 nm to 600 nm.
48. (Original) The ocular light treatment device of claim 47 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.
49. (Original) The ocular light treatment device of claim 39 wherein the light emitting assembly includes a screen and the screen is selected to obtain the maximum peak.
50. (Original) The ocular light treatment device of claim 39 wherein the LEDs are white light emitting.
51. (Original) The ocular light treatment device of claim 39 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.
52. (Original) The ocular light treatment device of claim 39 further comprising a support base to support the device on a support surface spaced from a user.
53. (Original) An ocular light treatment device comprising: an outer housing; a light emitting assembly in the housing and operable to emit light from the device, the light emitting assembly including a plurality of LEDs capable of generating light at less than 2,500 lux at 12 inches and being selected to emit light including a maximum peak in the 400 to 600 nm range of the spectrum and the maximum peak includes an energy greater than or equal to 0.025 watts/m^2.
54. (Original) The ocular light treatment device of claim 53 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.
55. (Original) The ocular light treatment device of claim 53 wherein the maximum peak is between about 420 nm and 505 nm.

56. (Original) The ocular light treatment device of claim 53 wherein the light emitting assembly is selected to emit light wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.
57. (Original) The ocular light treatment device of claim 56 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.
58. (Original) The ocular light treatment device of claim 53 wherein the maximum peak is between about 505 nm to 600 nm.
59. (Original) The ocular light treatment device of claim 53 wherein the light emitting assembly includes a screen and the screen is selected to obtain the maximum peak.
60. (Original) The ocular light treatment device of claim 53 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.
61. (Original) The ocular light treatment device of claim 53 further comprising a support base to support the device on a support surface spaced from a user.
62. (Original) An ocular light treatment device comprising: an outer housing; a light emitting assembly in the housing and operable to emit light from the device, the light emitting assembly including a plurality of LEDs capable of generating light at less than 2,500 lux at 12 inches and being selected to emit light wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.
63. (Original) The ocular light treatment device of claim 62 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.
64. (Original) The ocular light treatment device of claim 62 wherein the light emitting assembly is selected to emit light including a maximum peak in the 400 to 600 nm range of the spectrum.
65. (Original) The ocular light treatment device of claim 64 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.
66. (Original) The ocular light treatment device of claim 64 wherein the maximum peak includes an energy greater than or equal to 0.025 watts/m^2.

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67. (Original) The ocular light treatment device of claim 62 wherein the light emitting assembly includes a screen and the screen is selected to filter the emitted light such that the selected percentage is obtained.

68. (Original) The ocular light treatment device of claim 62 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.

69. (Original) The ocular light treatment device of claim 62 further comprising a support base to support the device on a support surface spaced from a user.

70. (Original) A method for ocular light treatment comprising: providing a device including (i) an outer housing, and (ii) a light emitting assembly in the housing and operable to emit light from the device, the light emitting assembly including a plurality of LEDs capable of generating capable of generating an output of light suitable for ocular light therapy and of less than 2,500 lux at 12 inches; setting the device at least 12 inches from a user; and operating the device to emit light toward and shining into the user's eyes.

71. (Original) The method for ocular light treatment of claim 70 wherein the emitted light includes a maximum peak in the 400 to 600 nm range of the spectrum.

72. (Original) The method for ocular light treatment of claim 71 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.

73. (Original) The method for ocular light treatment of claim 71 wherein the maximum peak Includes an energy greater than or equal to 0.025 watts/m^2.

74. (Original) The method for ocular light treatment of claim 70 wherein the emitted light includes a maximum peak between about 420 nm and 505 nm.

75. (Original) The method for ocular light treatment of claim 74 wherein the maximum peak includes an energy greater than or equal to 0.025 watts/m^2.

76. (Original) The method for ocular light treatment of claim 70 wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.

77. (Original) The method for ocular light treatment of claim 76 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.

78. (Original) The method for ocular light treatment of claim 70 wherein the emitted light is selected to emit light including a maximum peak between about 505 nm to 600 nm.

79. (Original) The method for ocular light treatment of claim 78 wherein the maximum peak includes an energy greater than or equal to 0.025 watts/m^2.

80. (Original) The method for ocular light treatment of claim 70 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.

81. (Cancelled)

82. (Original) The method for ocular light treatment of claim 70 wherein the emitted light is directed upwardly toward the user's eyes.

83. (Original) The method for ocular light treatment of claim 70 wherein the device is set on a support surface.

84. (Original) The method for ocular light treatment of claim 83 wherein the support surface is spaced at least 12 inches from the user.

85. (Original) The method for ocular light treatment of claim 83 wherein the support surface is a fitness machine.

86. (Original) A method for ocular light treatment comprising: providing a device including (i) an outer housing including a support base to support the device on a support surface spaced from a user; and (ii) a light emitting assembly in the housing and operable to emit light from the device, the light emitting assembly including a plurality of LEDs capable of generating light of less than 2,500 lux at 12 inches; setting the device on the support surface spaced at least 12 inches from a user; and operating the device to emit light toward and shining into the user's eyes.

87. (Original) The method for ocular light treatment of claim 86 wherein the emitted light includes a maximum peak in the 400 to 600 nm range of the spectrum.

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88. (Original) The method for ocular light treatment of claim 87 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.

89. (Original) The method for ocular light treatment of claim 87 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

90. (Original) The method for ocular light treatment of claim 86 wherein the emitted light includes a maximum peak between about 420 nm and 505 nm.

91. (Original) The method for ocular light treatment of claim 90 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

92. (Original) The method for ocular light treatment of claim 86 wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.

93. (Original) The method for ocular light treatment of claim 92 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.

94. (Original) The method for ocular light treatment of claim 86 wherein the emitted light is selected to emit light including a maximum peak between about 505 nm to 600 nm.

95. (Original) The method for ocular light treatment of claim 94 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

96. (Original) The method for ocular light treatment of claim 86 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.

97. (Cancelled)

98. (Original) The method for ocular light treatment of claim 86 wherein the emitted light is directed upwardly toward the user's eyes.

99. (Original) The method for ocular light treatment of claim 86 wherein the support surface is a fitness machine.

100. (Original) A method for ocular light treatment comprising: providing a device including (i) an outer housing, and (ii) a light emitting assembly in the housing and operable to emit light from the device, the light emitting assembly

including a plurality of LEDs capable of generating light of less than 2,500 lux at 12 inches and being selected to emit light including a maximum peak in the 400 to 600 nm range of the spectrum; setting the device at least 12 inches from a user; and operating the device to emit light toward and shining into the user's eyes.

101. (Original) The method for ocular light treatment of claim 100 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.

102. (Original) The method for ocular light treatment of claim 100 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

103. (Original) The method for ocular light treatment of claim 100 wherein the maximum peak is between about 420 nm and 505 nm.

104. (Original) The method for ocular light treatment of claim 103 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

105. (Original) The method for ocular light treatment of claim 100 wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.

106. (Original) The method for ocular light treatment of claim 106 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.

107. (Original) The method for ocular light treatment of claim 100 wherein the maximum peak is between about 505 nm to 600 nm.

108. (Currently amended) The method for ocular light treatment of claim ~~108~~ 107 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

109. (Original) The method for ocular light treatment of claim 100 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.

110. (Cancelled)

111. (Original) The method for ocular light treatment of claim 100 wherein the emitted light is directed upwardly toward the user's eyes.

112. (Original) The method for ocular light treatment of claim 100 wherein the device is set on a support surface.

113. (Original) The method for ocular light treatment of claim 112 wherein the support surface is spaced at least 12 inches from the user.

114. (Original) The method for ocular light treatment of claim 112 wherein the support surface is a fitness machine.

115. (Original) A method for ocular light treatment comprising: providing a device including (i) an outer housing, and (ii) a light emitting assembly in the housing and operable to emit light from the device, the light emitting assembly including a plurality of LEDs capable of generating light of less than 2,500 lux at 12 inches and being selected to emit light including a maximum peak in the 400 to 600 nm range of the spectrum and the maximum peak includes an energy greater than or equal to 0.025 watts/m^2; setting the device at least 12 inches from a user; and operating the device to emit light toward and shining into the user's eyes.

116. (Original) The method for ocular light treatment of claim 115 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.

117. (Original) The method for ocular light treatment of claim 115 wherein the maximum peak is between about 420 nm and 505 nm.

118. (Original) The method for ocular light treatment of claim 115 wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.

119. (Original) The method for ocular light treatment of claim 118 wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm.

120. (Original) The method for ocular light treatment of claim 115 wherein the maximum peak is between about 505 nm to 600 nm.

121. (Original) The method for ocular light treatment of claim 115 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.

122. (Cancelled)

123. (Original) The method for ocular light treatment of claim 115 wherein the emitted light is directed upwardly toward the user's eyes.

124. (Original) The method for ocular light treatment of claim 115 wherein the device is set on a support surface.

125. (Original) The method for ocular light treatment of claim 124 wherein the support surface is spaced at least 12 inches from the user.

126. (Original) The method for ocular light treatment of claim 124 wherein the support surface is a fitness machine.

127. (Original) A method for ocular light treatment comprising: providing a device including (i) an outer housing, and (ii) a light emitting assembly in the housing and operable to emit light from the device, the light emitting assembly including a plurality of LEDs capable of generating light of less than 2,500 lux at 12 inches and being selected to emit light wherein of the total light energy emitted 25 to 40% thereof is in the wavelengths 446 to 477 nm; setting the device at least 12 inches from a user; and operating the device to emit light toward and shining into the user's eyes.

128. (Original) The method for ocular light treatment of claim 127 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.

129. (Original) The method for ocular light treatment of claim 127 wherein the emitted light includes a maximum peak between about 420 nm and 505 nm with an energy greater than or equal to 0.010 watts/m^2.

130. (Original) The method for ocular light treatment of claim 127 wherein the light emitting assembly is selected to emit light in a beam that has a width increasing with distance from the device.

131. (Cancelled)

132. (Original) The method for ocular light treatment of claim 127 wherein the emitted light is directed upwardly toward the user's eyes.

133. (Original) The method for ocular light treatment of claim 127 wherein the device is set on a support surface.

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134. (Original) The method for ocular light treatment of claim 133 wherein the support surface is spaced at least 12 inches from the user.

135. (Original) The method for ocular light treatment of claim 133 wherein the support surface is a fitness machine.

136. (New) An ocular light treatment device comprising: an outer housing including an opening; a light emitting assembly in the housing and operable to emit light through the opening in the housing, the light emitting assembly including an LED light source capable of generating an output of light suitable for ocular light therapy and of less than 2,500 lux at 12 inches.

137. (New) The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light including a maximum peak between about 420 nm and 505 nm.

138. (New) The ocular light treatment device of claim 2 wherein the emitted light includes a range of wavelengths such that the emitted light appears white.

139. (New) The ocular light treatment device of claim 2 wherein the maximum peak includes an energy greater than or equal to 0.010 watts/m^2.

140. (New) The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light wherein of the total light energy emitted at least 25% thereof is of the wavelengths 446 to 477 nm.

141. (New) The ocular light treatment device of claim 1 wherein the LED light source includes a plurality of LEDs.

142. (New) The ocular light treatment device of claim 1 wherein the LED light source is white light emitting.

143. (New) The ocular light treatment device of claim 1 wherein the light emitting assembly is selected to emit light including a peak between about 505 nm and 600 nm.